Shenandoah National Park



Trip Planning Worksheet - Expectations, Experience, and Practicalities

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- We want a physically challenging trip.
- We want a relaxing trip.
- We want to go to the most popular sites at the busiest time.
- We want to get away from the crowds.

• _____

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Physical Ability:

Scale of one to ten: 1

2

3

4

5

6

7

8

1.

10

1 = Someone in our group is not very fit and may struggle to keep up.

10 =Everyone is used to carrying heavy packs up and down steep inclines.

Length of Trip:

Using your expectations, physical ability and desires as a guide, decide how many miles per day you wish to hike and how many nights you want to stay.

Suggested Miles	Night	Considerations for suggested miles. (Plan your miles based on your situation.)	Planned Miles
0	0	Due to travel or other desires, plan to stay in campground/lodge the first night.	0
1-4	1	Plan to start by noon (or by 10 a.m. in the late fall through winter).	
6-8	2	We exercise regularly, but not by carrying a pack in the mountains.	
6-8	3	п	
6-8	4	и	
?	Last	What are my travel plans to get back home?	
		Total number of nights in the backcountry and total mileage	

Skill Level:

See the SNP backcountry camping skill level worksheet to determine your level of skills with topographic map reading, pristine site camping, bear country skills, etc. Then circle below:

Most-skilled members skills: new beginner intermediate advanced Least-skilled members skills: new beginner intermediate advanced

Our group: new beginner intermediate advanced

Now plan your specific trip using guide books and maps, or select a trip idea from one of our many plans and modify it to meet your needs.